



# How to Ease Your Anxiety Right Now

by NEWLIFEOUTLOOK TEAM

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## Tips for Easing Cancer and Anxiety Related Stress

Stress has a multitude of negative effects on your health and it isn't uncommon for those with cancer to experience anxiety. Anxiety could be a pre-existing condition, but in many cases it's a common result of being diagnosed with cancer.

Anxiety affects each individual differently and comes in several forms: generalized anxiety disorder, social anxiety disorder, panic disorder, phobias, agoraphobia, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).

When dealing with any type of anxiety, it's imperative to gain control over your anxiety so that it doesn't cause further issues. There are several straightforward methods to help ease your symptoms that can be implemented at home.

Which anxiety coping methods have you tried?



# Ways to Ease ANXIETY

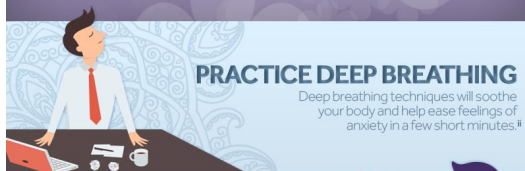
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## WHAT IS ANXIETY?

Anxiety is a normal feeling of uneasiness, worry and apprehension that everyone experiences from time to time. If anxiety gets in the way of your day-to-day life, it becomes a disorder.

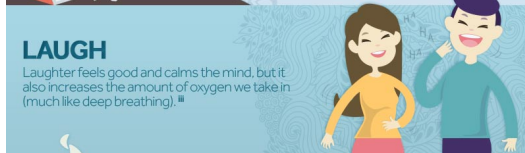
### Anxiety Disorders Include:<sup>i</sup>

- ❖ Generalized Anxiety Disorder
- ❖ Social Anxiety Disorder
- ❖ Panic Disorder
- ❖ Phobias
- ❖ Agoraphobia
- ❖ Obsessive-Compulsive Disorder (OCD)
- ❖ Post-Traumatic Stress Disorder (PTSD)



## PRACTICE DEEP BREATHING

Deep breathing techniques will soothe your body and help ease feelings of anxiety in a few short minutes.<sup>ii</sup>



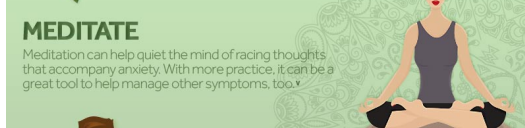
## LAUGH

Laughter feels good and calms the mind, but it also increases the amount of oxygen we take in (much like deep breathing).<sup>iii</sup>



## TRY SOME NATURAL REMEDIES

Chamomile, lemon balm, lavender, passionflower and valerian may be helpful for anxiety.<sup>iv</sup>



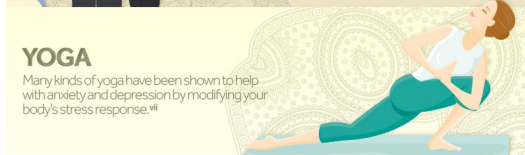
## MEDITATE

Meditation can help quiet the mind of racing thoughts that accompany anxiety. With more practice, it can be a great tool to help manage other symptoms, too.<sup>v</sup>



## EXERCISE

On top of the countless physical and mental benefits of exercise, the endorphins released during physical activity can reduce stress greatly.<sup>vi</sup>



## YOGA

Many kinds of yoga have been shown to help with anxiety and depression by modifying your body's stress response.<sup>vii</sup>

Next time you feel your anxiety creeping up, remember to take back control and work to ease your symptoms. **Your body and mind will thank you!**

## RESOURCES

- i <http://www.wadaa.org/understanding-anxiety>
- ii <http://www.cajmdclinic.com/anxiety/treatment/breathing-exercises>
- iii <http://www.healthyplace.com/blogs/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- iv <http://www.yogiclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20057945>
- v <http://www.chopra.com/cc/how-meditation-can-help-anxiety>
- vi <http://www.wadaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>
- vii <http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression>



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